



Early Career Psychiatrists Section

World Psychiatric Association

Section Newsletter

First Issue 2024

Message from Section Chair

Dear colleagues and friends:

We are thrilled and getting ready for the upcoming World Congress of Psychiatry, which is taking place in person in Mexico from 14 to 17 November 2024. If you have not yet submitted your work to present there, the late breaking abstracts are open until 1st August 2024. As usual, there will be several activities for early career psychiatrists, including the opportunity to participate in the WPA 3 Minutes Competition. You can check the Congress website to keep updated with the Congress initiatives <https://wcp-congress.com>

In this Newsletter, we highlight initiatives carried out in collaboration with various associations, as well as activities spearheaded by our colleagues across the world. Hope you enjoying reading this!

On behalf of the WPA ECP board: Mariana Pinto da Costa, Section Chair

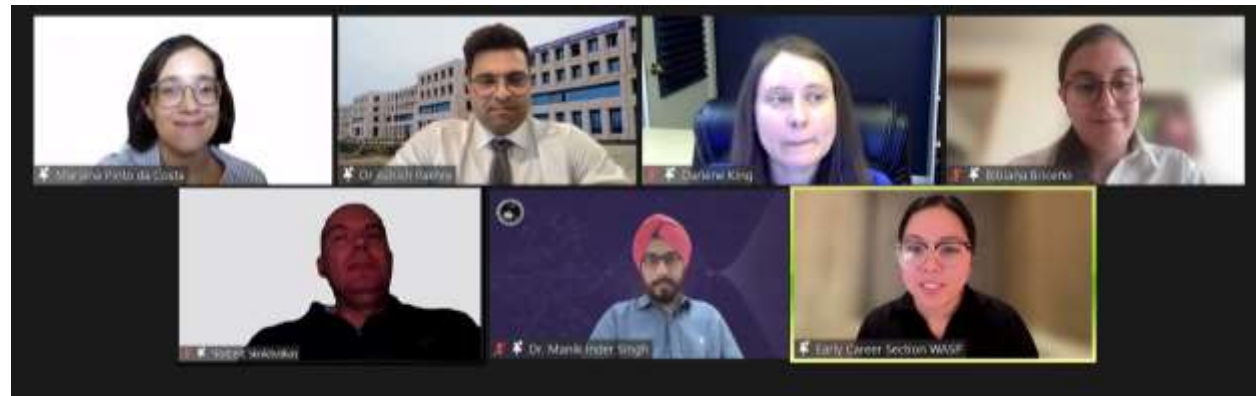
WEBINAR WITH WASP

Intersect, a conversation among peers

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World Association of Social Psychiatry (WASP) Early Career Section (wasp.ecp@gmail.com)

Intersect: A Multigenerational Conversation has been an initiative of the WASP ECP section, which was recently organized in collaboration with the WPA ECP Section. Intersect was created to address the need for a diverse and well-represented space where psychiatrists from all over the world can come together.

The goal is to discuss topics that will significantly impact the future of psychiatry.



Caption: From left to right (top row), WPA ECP section chair Dr. Mariana Pinto da Costa, WASP ECP Session co-chair Dr. Ashish Pakhre, Assist. Prof. Darlene King, MD, Dr. Bibiana Briceño Patino. (bottom row) Prof. Norbert Skokauskas, Dr. Manik Inder Singh, WASP ECP section chair Dr. Maria Bernadett Carandang.



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Ironically, the age of global connectivity created a multitude of small spaces that promoted isolation. People naturally fall into these spaces based on age, race, socioeconomic status, etc. However, there are emerging concerns that everyone is experiencing at the same time but not in the same way. The divisive categories themselves may be sources of unique perspectives if their view is able to come together in a safe space. Hence, we invited people to *Intersect* for at least an hour or two to listen to each other with equal respect and regard.

Intersect sessions are designed to foster a unique exchange of ideas. Each session features an experienced psychiatrist and an early career psychiatrist (ECP) presenting on the chosen topic. The experienced psychiatrist is invited for their expertise, while the ECP is chosen through an essay competition. This format ensures equal opportunity for all interested ECPs. Invitations to Intersect are disseminated through X and various social media outlets.

The first Intersect session was held via Zoom on March 11, 2024. The session's theme was *The Rapidly Changing World- Emerging Areas Of Human Life In The Post-Pandemic World*. Prof. Dinesh Bhugra, CBE, of King's College, London, talked about his views on the future of psychiatry. Dr. Jeel Vasa, a psychiatry resident from the All India Institute of Medical Sciences, Nagpur, India, gave a fascinating view of how transitioning from the pandemic is an emergence to a brand new world for young psychiatrists. The first session gave an excellent start to the project.

The second Intersect session was a historic partnership between the WASP and WPA ECP sections. Both sections collaborated on the theme, speaker selection, and publicity. *AI-informed Psychiatric Training and Education* was the chosen topic. Assist. Prof. Darlene King, MD, Chair of the APA Mental Health IT Committee, was invited to be the speaker. She was joined by ECPs Dr. Manik Inder Singh Sethi, a fellow at the National Institute of Mental Health and Neuro Sciences (Institute of National Importance), Bengaluru, India, and Dr. Bibiana Briceño Patino, a psychiatry resident from the Universidad del Rosario, Bogotá, Columbia. Prof. Norbert Skokauskas, the WPA Secretary for Education and Scientific Publications, was invited to be the discussant. The conversation generated by the panels' input highlighted the potential of AI for psychiatric training and education while emphasizing its technological infancy and the need for caution.

With each session, Intersect continues to progress and grow as a space for a well-represented



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multigenerational conversation among peers. We hope more people can come in and join us at future Intersect sessions.

EFPT

“Second Victim” as a psychiatrist: the impact of patient suicide on psychiatric trainees and early-career psychiatrists

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Approximately 700,000 people worldwide commit suicide every year, and several more attempt it. Suicide affects all age groups, being the fourth leading cause of death among individuals aged 15-29, and it is pervasive worldwide. It is not limited to high-income countries, since more than 77% of suicides worldwide occurred in low- and middle-income countries in 2019.

The impact of suicide extends beyond those who take their own lives, also affecting families and communities. Long-lasting effects of suicide have been widely reported in mental health professionals who experience significant levels of emotional distress after patient suicide (PS). These subjects have commonly been referred to as “second victims” or “suicide survivors”. Among mental health professionals, over one third of psychologists and two thirds of psychiatrists report facing PS throughout their career. PS represents a common and stressful event that can be considered an “occupational hazard” for mental health professionals. After PS, involved mental health professionals have been observed to experience negative emotional reactions that affect both their professional and personal lives, as well as symptoms of acute or post-traumatic stress.

The impact of PS is potentially more traumatic for those in the earliest stages of their careers in mental health care, such as psychiatric trainees and early career psychiatrists (ECPs). Indeed, they may be even



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more prone to experience feelings including guilt, shock, anger, shame, and loss of confidence and to encounter difficulties in receiving support in the aftermath of PS, as recently shown by a qualitative study conducted among this population in Italy (<https://doi.org/10.55922/001c.90700>). For this reason, the Research Working Group of the European Federation of Psychiatric Trainees (EFPT) is conducting an online survey to assess the level of suicide knowledge and competence/skills related to suicidality among psychiatric trainees and ECPs. In addition, we also aim to evaluate the emotional and professional impact of PS among mental health practitioners at early stages of professional development who experienced it, the type of support sought and/or received, the presence of trauma-related symptoms and the presence of burnout effect following PS. The survey can be found at: https://ec.europa.eu/eusurvey/runner/RWGEFPT_PS. We encourage psychiatric trainees and ECPs around the globe to complete the survey as well as to share it with colleagues to paint a comprehensive picture of the challenges and needs of young mental health professionals worldwide.

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INDIA

Indian Psychiatry Society Young Psychiatrists Subcommittee Launches New Initiatives for ECPs

Dr N G Nihal ¹, Dr Samiksha Sahu ², Dr Kashypi Garg ³, Dr Astha ⁴

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² Department of Psychiatry, Gandhi Medical College, Bhopal, Madhya Pradesh, India.

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⁴ Dept of Psychiatry, University College of Medical Sciences & Guru Teg Bahadur Hospital, New Delhi, India.

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The Indian Psychiatry Society (IPS) has always been at the forefront of promoting mental health and advocating for the well-being of individuals across the globe. IPS 2023-24 under the leadership of Dr Vinay Kumar (current Board Member of South Asia of WPA) and his office bearers constituted a Young



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Psychiatrists Subcommittee (IPS YPS) which emerged as a proactive group comprising young psychiatrists who graduated within the last five years. Our young team Led by Dr Samiksha Sahu as Chairperson, Dr N G Nihal as Co-Chairperson, and Dr Kashypi Garg as Convenor, alongside advisor Dr Anita Gautam and EC coordinator Dr Prosenjit Ghosh.

Our subcommittee is proud to have the distinction of being the first to have a team of young psychiatrists (Young Psychiatrists who passed out in the last 5 years) as chairpersons and convenor. This milestone underscores the IPS's commitment to nurturing young talent and leveraging fresh perspectives in advancing mental health care in India.

On March 25, 2023, at Hotel Novotel in Hyderabad, India, we presented our comprehensive plan for the year 2023-24. Our primary focus was to establish a common platform for effective communication and collaboration among residents and young psychiatrists. To achieve this, we created a WhatsApp group by collecting data through a Google form. The group now includes over 1800 young psychiatrists and residents from all corners of India. This initiative has fostered a sense of unity, allowing for the exchange of knowledge and experiences.

Identifying the brilliant minds among early career psychiatrists who will shape the future of our field is a key objective of our subcommittee. Thus, in April 2023, we launched the monthly Case Box Speakers series, which has been conducted on the 4th Friday of each month. This unique platform provides residents and young psychiatrists who have graduated within five years with an opportunity to present interesting cases. The cases are then discussed by senior faculty members, resulting in a fruitful combination of fresh perspectives and experienced guidance. Through these discussions, both presenters and attendees gain valuable insights and broaden their knowledge base.

Despite the demanding schedules and night duty postings faced by young psychiatrists, our webinars have attracted over 200 participants for every Case Box series. This remarkable engagement highlights the dedication and commitment of these young professionals to continuous learning and professional growth.

**INDIAN PSYCHIATRIC SOCIETY
NATIONAL YOUNG PSYCHIATRISTS
SUBCOMMITTEE**

PRESENTS
Case box
Webinar #9

Topic: Drug Induced Side Effect
05th January, 2024
Friday, 7:30 PM IST

Speakers:
Dr. Sheerya Sotria
Dr. Rajnish Hago
Dr. Vinay Kumar
Dr. Mahesh Gowda
Dr. Ajit Shinde

Chairpersons:
Dr. Samiksha Sahu
Dr. N G Nihal
Dr. Kashypi Garg

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Co-Chairperson: Dr. N G Nihal
Convenor: Dr. Kashypi Garg
EC Coordinator: Dr. Prosenjit Ghosh



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Undoubtedly, one of our subcommittee's most significant achievements was the national conference for young psychiatrists (YPCON) held at Hotel Taj Lakefront in Bhopal, India, on August 5 and 6, 2023. This conference was a landmark event, bringing together residents, young psychiatrists, and senior psychiatrists on a grand scale across the country. It was one of its kind, with 523 delegates from across the country participating in the conference, which was praised by many senior psychiatrists and became a grand success. The theme of the conference was "#Hashtagging Mental Health - Impact of Digitalisation." It offered a unique platform for participants to connect, share knowledge, and collaborate on research projects. Moreover, the minimal registration fee of approximately 18 USD (INR 1500) ensured that financial constraints did not hinder the involvement of residents and young psychiatrists. The conference was organized

under the leadership of Dr. RN Sahu as the Organizing Chairperson and Dr. Samiksha Sahu as the Organizing Secretary.

The conference featured a diverse program, including three workshops, three panel discussions, ten Next-gen topics, twelve symposiums, and one debate. In line with our commitment to empower residents and young psychiatrists, our committee actively encouraged them to share the stage with senior professionals by presenting symposia, papers, and posters at the conference. We also invited residents and young psychiatrists to join a debate on the advocacy of LGBTQ by mental health professionals. This debate featured TEDx speakers discussing this topic, providing a valuable opportunity for young psychiatrists to share a platform with them.

To further incentivize their participation, we introduced six Fellowship awards, providing winners with reimbursement for registration fees, travel expenses, and accommodation.

Acknowledging the growing influence of social media in spreading mental health awareness, our subcommittee has introduced the "Mental Health Influencer of the Year Award" to present it at YPCON, Bhopal. This award recognizes the efforts of individuals who have made significant contributions in promoting mental health through various digital platforms. Categories such as the Best Influencer and Best Debutant Influencer have been created to honour and encourage the commendable work done in this domain. The selection criteria were based on ten parameters, including relevance, quality, engagement, advocacy, impact, originality, consistency, collaboration, innovation, and overall aesthetics. After a thorough screening process, Dr Sarthak Dave and Dr Rashi Agarwal emerged as the winners in their respective categories.

To foster research among young psychiatrists, the subcommittee invited submissions for the "Young



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Researcher Award" in both the best original paper and poster categories. Dr Anil Singh Shekhawat won the Future Researchers Paper Presentation Award, and Dr Natasha Patel won the Future Researchers Poster Presentation Award.

Psychotherapy, having lost some recognition among young psychiatrists in India, was revitalized by the IPS Young Psychiatrists Subcommittee 2023-24. Alongside Dr Astha Sharma and the IPS Psychotherapy Specialty Section, we organized a psychotherapy workshop on December 9 and 10, 2023, at Hotel Pride Plaza in Aerocity, New Delhi, India, for 250 postgraduates and young psychiatrists from across the country. The workshop featured renowned speaker Dr Salman Akhtar, an internationally acclaimed psychiatrist, psychoanalyst, writer, and poet based in the USA. Dr Akhtar, who had published 108 books and conducted workshops in over 40 countries, delivered impactful sessions. Dr Vinay Kumar, IPS President (2023-24) was the guest of honour. The organizing committee, including Dr Astha Sharma, Dr N G Nihal, and Dr Kashypi Garg, provided complimentary registration and accommodation to all attendees to ensure accessibility for postgraduates and young psychiatrists in the country. The workshop was a grand success, widely appreciated by attendees.

The IPS Young Psychiatrists Subcommittee 2023-24's initiatives, including the monthly Case Box series, YPCON 2023, and the Psychotherapy Workshop, were highly praised by senior psychiatrists and saw enthusiastic participation from postgraduates and young psychiatrists across the country which exemplify our commitment to collaboration, knowledge-sharing, and the professional growth of young psychiatrists. By providing early career psychiatrists with support, they need to succeed, the subcommittee is helping to ensure that the early career psychiatrists are well-equipped to address the challenges of mental illness in India. IPS Young Psychiatrists Subcommittee



From right: Dr Kashypi Garg, Dr N G Nihal, Dr Salman Akhtar, Dr Vinay Kumar, and Dr Astha at the IPS Psychotherapy Workshop in New Delhi on December 9, 2023.

2023-24 along with guidance of IPS President 2023-24, Dr Vinay Kumar significantly contributed to the professional growth and development of early career psychiatrists with these initiatives in India.

AUSTRALIA

Psychotherapy Training: East Versus West

Psychiatry is a complex field encompassing the mind, brain, society, and culture. Mental health doesn't improve or



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deteriorate in isolation. While medicine has great potential to alleviate distress, the deeper meanings of that distress are often overlooked by a purely medical approach. Societies have long-standing traditions of counseling embedded in their cultures. For example, family members often seek advice from one another, and students may turn to their teachers for counseling or talk therapy. This cultural context means that neuropsychiatry should be psychologically attuned, either in a Westernized or culturally appropriate fashion.

However, the training in psychotherapy in the East, particularly in India, is minimal compared to Western countries. Having been trained in both India and Australia, I find it alarming that my initial psychological training was largely limited to cognitive and behavioral approaches. After relocating to a different country, despite initial struggles, I and many of my colleagues began learning and applying diverse psychological skills in psychiatric interviews, clinical reviews, and management planning.

In my first year of training in Melbourne, I learned the skills of cognitive and dialectical therapy, which explore the complex interactions between people's cognition and their analogical history. I then learned about individual and family therapy, which delves into the nuances between family members and how to use psychological skills to alleviate distress from complex family dynamics with a "here and now" approach similar to cognitive behavioral modeling.

Before and after becoming a consultant, I recognized the importance of expertise in psychodynamic formulation. One does not need to be a psychoanalyst or a psychodynamic technician to appreciate that every psychiatric interaction is a dynamic interplay between patient and doctor. Without understanding these dynamic factors, psychiatry can feel like treating a "mindless brain." Reflecting on my training, I realize my dynamic orientation was minimal. Although I don't practice psychodynamic therapy, I consider dynamic factors in almost every case I encounter.

In Australia, psychiatry training mandates 40 sessions of dynamic psychotherapy, not to make practitioners dynamic therapists but to inspire a deeper understanding of each illness's presentation and onset. This approach doesn't conflict with the biological or biopsychosocial model; rather, it strengthens the biopsychosocial foundation. For example, we can consider the social disadvantages or lack of self-identity in someone suffering from epilepsy, even though the epilepsy is biologically mediated.

As a psychiatrist, my psychotherapeutic curiosity expanded beyond cognitive and dynamic models to include therapies like internal family systems therapy, EMDR, and existential therapies. It is crucial to integrate these skills into daily practice, even if we follow an eclectic model.

Therefore, it is important to integrate psychological training as the Australian societies have done. I strongly recommend that the Indian Psychiatric Society adopt a biopsychosocial approach and collaborate with various psychotherapeutic societies such as the Royal Australian and New Zealand College of Psychiatrists (RANZCP).

Author :

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Sunshine Emergency Dept., Western Health – Mental Health and Wellbeing Service. Lecturer , University of Melbourne.--



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MEXICO CITY, 14-17 NOVEMBER 2024

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